

Cyber Psych Links for

GENERAL PSYCHOLOGY: WITH SPOTLIGHTS ON DIVERSITY

Chapter 12

ANXIETY DISORDERS (pp. 425-431), SOMATOFORM DISORDERS (pp. 431-433), DISSOCIATIVE DISORDERS (pp. 433-434), and PERSONALITY DISORDERS (pp. 434-436)

I suspect that I need not caution, “handle with care” for the Internet websites on the issues raised in Chapter 12. There are millions of them. Almost all are at worst well-intentioned sites maintained by well-trained and well-intentioned practitioners of psychology. Most websites exist in an attempt to be helpful, but as students of psychology we are looking for information, not assistance with personal problems. As has been the case for previous chapters, what is listed below is a sample, but I feel that it is a sampling of websites that offer a well-rounded, scientific approach to psychological disorders. The websites that are listed here for our chapter on psychological disorders are also relevant for many sections of Chapter 13 on treatment and therapy for those disorders.

Lastly, this is another chapter for which we have mega-sites that simply do not break down coverage to suit our outline. The Internet simply covers psychological disorders.

<http://www.mentalhealth.com>

A monster site with hundreds of links, titled “Internet Mental Health”—which may sound suspicious. From the homepage, click on “Disorders.” For each disorder on the list, you get both an American and a European description, articles on treatment, and links to recent research, booklets, magazine articles, and other Internet website links. If you were to explore each of the disorders and each of the links provided, a) the semester would be over by the time you finished, but b) you would have encountered nearly all there is know!

<http://www.nami.org>

The National Alliance for the Mentally Ill sponsors this extensive website. Their mission statement claims that they are “dedicated to the eradication of mental illness and to the improvement of quality of life of all whose lives are affected by these diseases.” As you would expect, this is a very compassionate, as well as informative, website.

<http://www.mentalhealth.samhsa.gov>

The website of the National Mental Health Information Center—developed “for users of mental health services and their families, the general public, policy makers, providers, and the media.” As a huge government-sponsored website, it provides a great deal of information, but requires patience to navigate it fully.

<http://www.psych.org>

The American Psychiatric Association sponsors this website. It exists primarily to serve the psychiatrists who are its members, but even beginning students can glean some gems here.

<http://psychclassics.yorku.ca/Szasz/myth.htm>

Can you imagine the reaction to this *American Psychologist* article by Thomas Szasz, first published in 1960? “The myth of mental illness” was enough to get friends arguing. It remains a thought-provoking piece.

<http://www.adaa.org>

The “Anxiety Disorders Association of America,” sponsors this website. It is “dedicated to informing the public, healthcare professionals, and legislators that anxiety disorders are real, serious, and treatable.” There are many great links here including “About Anxiety Disorders.” The “Fast Facts & Media” link is also well worth a visit.

<http://www.ocfoundation.org>

This website of the Obsessive Compulsive Foundation is highly recommended. Nearly all of the links listed on the left side of the homepage are informative.

<http://www.issd.org>

Many of us find it difficult to fully comprehend the dissociative disorders—amnesia, fugue, and identity disorders. A website of the International Society for the Study of Dissociation is most helpful.

ALZHEIMER'S DEMENTIA (pp. 437-440)

One problem for those of us studying issues like Alzheimer's Dementia is in distinguishing it—a disorder/disease of the brain—from simple forgetfulness. As you know, it is not just a matter of degree, nor is it necessarily a matter of age. The other difficulty is keeping up with new and exciting advances in the diagnosis and the treatment of Alzheimer's. Here is where the Internet is even more useful than textbooks—even yours—keeping us up-to-date.

<http://www.alz.org>

The Alzheimer's Association maintains this most informative website. There are at least three links deserving of your attention: ALZHEIMER'S DISEASE, RESOURCES, and RESEARCH. They can be found on a toolbar near the top of the homepage.

<http://www.alzheimers.org>

Another great website is the “Alzheimer's Disease Education and Referral Center,” a service of the National Institute on Aging. This is a large nicely organized site, and the many links to a multitude of resources are well marked.

<http://www.alz.co.uk>

This website is for Alzheimer's Disease International, with offices in the UK. This website gives us a global perspective on a disease with global impact.

<http://www.nlm.nih.gov/medlineplus/alzheimersdisease.html>

The U.S. National Library of Medicine and the National Institutes of Health—we have been to this library before. This is a great website for—if nothing else—up-to-date news on the disease.

MOOD DISORDERS (pp. 468-471)

Yes, mania is a possible symptom of mood disorders, but there is little doubt that what we are talking about here is depression. One of the difficulties with depression is separating the normal depression of loss and grief from the depression of dysthymia and the symptoms of a major depressive disorder. These websites might help you sort out those distinctions.

<http://www.adolescent-mood-disorders.com>

I expected a website on mood disorders in teenagers to be more oriented toward teens—not their parents. Nonetheless, there are some good, informative links to be found on this homepage.

<http://www.depression.com>

GlaxoSmithKline, a pharmaceutical company that markets a line of anti-depressant medications, funds this website, so beware of the possibilities of bias. At very least, their link to “Understanding Depression” is a very good one.

<http://www.psychologyinfo.com/depression>

We have visited this site before, and return for good reason. The vertical toolbar on the left provides the links you will need. Or even better, scroll down to the list of links at the bottom of the page and pick and choose.

<http://www.nimh.nih.gov/healthinformation/depressionmenu.cfm>

A government-sponsored Internet presence dealing with mood disorders—the site of the National Institute of Mental Health. It is not clear at first, but there are dozens of active links on this page.

SCHIZOPHRENIA (pp. 443-447)

There is no reason to repeat my claims about how devastating this disorder/disease can be. Always remember, however, that people with schizophrenia are like people with any disease or disorder—some are more severely afflicted than others. These websites will give you additional, up-to-date information.

<http://www.schizophrenia.com>

“The World’s No. 1 Schizophrenia Website” is the claim. It is a busy, well-designed website. So, it is a sort of do-it-yourself effort, and from that perspective it is impressive. Still, I suggest that you tread with a bit of care.

<http://www.narsad.org>

The National Alliance for Research on Schizophrenia and Depression—is a donor-supported research organization. This website is not as rich or deep as many, but what you find here will be “cutting edge.”

<http://www.psychologyinfo.com>

Starts with a nice summary piece, then offers 14 wonderful links.